



## **HEALTHY FOOD ON A BUDGET**

**Funded by MINDING OUR BODIES**



**The Four Villages**  
Community Health Centre  

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*Working Together for Whole Health*



**Ontario's Community  
Health Centres**

Workshops developed by COPA, Good Neighbours Club, 4 Villages, and Vintage Fitness, with help from Senior Peoples' Resources in North Toronto in developing the recipes.

## **BEFORE YOU BEGIN:**

**TO ENSURE YOUR HEALTH AND SAFETY, PLEASE FOLLOW THE SUGGESTIONS BELOW – BEFORE, DURING AND AFTER YOUR MEAL**

**Practice safe food handling techniques!**

**To reduce the risk of “foodborne illness,” (illness caused by bacteria in food), it is essential for older adults, and those who prepare food for older adults, to follow safe food-handling and cooking practices:**

### **BEFORE**

***Cleaning and Preparing Food* - Bacteria can easily spread throughout your kitchen. Before and after preparing food, wash hands, cutting boards, knives and countertops with warm soapy water. Always follow proper hand washing techniques.**

### **DURING**

***Cooking Food* - Improper heating of food could mean that harmful bacteria can survive and this could make you sick. Prepare foods quickly, cook them well, and serve them immediately.**

### **AFTER**

***Storing and Refrigerating Food* - Bacteria grow fastest at room temperature, so keep food cold to reduce the risk of food poisoning. Put leftovers in the refrigerator within two hours of eating.**

## **FRENCH CHICKEN WINGS**



You only need 2 bowls and an oven but the recipe would work in a covered skillet if you turn the thighs carefully.

### **INGREDIENTS:**

1 package of chicken THIGHS (8 thighs)  
2 tablespoons olive oil  
2 tablespoons dijon mustard  
1 tablespoon crumbled tarragon  
1 cup breadcrumbs (or crumbled cornflakes)

SERVINGS:                    4 (2 thighs each)

### **DIRECTIONS:**

1. Combine mustard and oil in 1 bowl
2. Combine breadcrumbs and tarragon in another bowl
3. Wash chicken thoroughly and pat dry
4. dip each thigh in the wet mixture then the dry
5. If baking put in an oiled casserole dish
6. Bake at 350 degrees C for 45 minutes

Cost for the recipe: [\\$@7.50](#) for the recipe-buy when thighs are on special

Source: adapted from The Food Network recipes: [www.foodnetwork.ca/recipes](http://www.foodnetwork.ca/recipes)

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## **PASTA E FAGIOLI SOUP (PASTA AND BEAN SOUP)**

### **INGREDIENTS:**

1 can of beans, drained and rinsed (white kidney, romano-your favourite)  
½ package of spaghetti (or your favourite other pasta)  
A slice of bacon diced (optional)  
1/cup grated parmesan cheese (or substitute old cheddar)  
4 or so tablespoons extra virgin olive oil

### Vegetables:

1 small celery stalk, finely chopped  
1 small carrot, finely chopped  
1 small onion, finely chopped  
2 cloves garlic, finely chopped

### Herbs:

3 fresh sage leaves or a teaspoon dried  
1 sprig fresh rosemary or a few crushed leaves  
Handful fresh parsley or 2 tablespoons dried

### Other:

1 litre water

SERVINGS: 4

### **DIRECTIONS:**

1. In a large pot, heat up extra virgin olive oil, then sauté garlic, onion, carrot, celery and bacon if using for 5 minutes.
2. Add the the sage and rosemary
3. Add the beans and cook for @ 2 minutes, mashing some of them as you stir.
4. Add a cup of the water to the mixture.
5. Break spaghetti into thirds and add to pot. Stir for a minute.
6. Add remaining water @ 2 cups and bring to boil.
7. Cook for @ 15 minutes allowing water to reduce. The soup should be a thick consistency.
8. Take soup off burner. Add parmesan cheese. Finish with parsley to garnish
9. Serve the soup!

Cost for the recipe: \$5.10 based on “Food Basics” prices, \$1.28 per serving

Source: adapted from The Food Network recipes: [www.foodnetwork.ca/recipes](http://www.foodnetwork.ca/recipes)

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## VEGETABLE QUESADILLAS



You can put anything between heated tortillas to make a quesadilla but usually it is beans, vegetables, salsa and cheese. Here is a vegetable quesadilla, but add cooked chicken or ham to bean filling for more protein:

### INGREDIENTS:

1/3 cup sweet red pepper diced  
1/3 cup sweet green pepper diced  
2 green onions sliced  
1 cup canned red kidney beans **drained and rinsed**  
1/3 cup mild salsa  
4 tortillas, preferably whole grain  
1 1/3 cup grated mozzarella cheese

SERVINGS: 4

1. Mix peppers, onions, beans and salsa in a bowl.
2. Spread 1/4 of mixture on HALF of each tortilla, repeat with 3 other tortillas
3. Top mixture with cheese.
4. Fold each tortilla in half and place in a non-stick frying pan over medium high heat
5. Cook quesadillas 3 minutes on each side until cheese melts and tortillas lightly toasted
6. Cut into wedges and serve immediately

Cost for the recipe: \$3.75 based on "Food Basics" prices, .94 cents per serving

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Source: [www.mapleleaffoods.com](http://www.mapleleaffoods.com) recipes

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## **SALMON CHOWDER**



### **INGREDIENTS:**

2 tablespoons butter or olive oil  
2 leeks (or cooking onions)  
2 celery stalks  
1 clove garlic minced  
Salt & pepper  
1 lb potatoes peeled and cubed  
1 tablespoon all purpose flour  
3 cups water  
2 boneless salmon filets or can of sockeye salmon  
½ cup frozen corn kernels  
1/3 cup whipping cream  
2 tablespoons chopped fresh chives

**SERVINGS:** 4

1. In a dutch oven or heavy skillet, melt butter over medium heat
2. Cook leeks, celery, garlic, salt and pepper, stirring until soft (4-6 minutes)
3. stir in potatoes and flour; cook a further 2 minutes, stirring occasionally
4. Stir in water and bring to a boil
5. Once boiling, cover and simmer until potatoes are tender (7-10 minutes)
6. Add salmon and frozen corn; simmer until fish flakes easily when tested with fork
7. Stir in cream and chives.
8. Simmer for a final 2 minutes

Cost for the recipe: \$6.00 -\$7.00 for the recipe depending on whether you use canned salmon or salmon filets

Source: Canadian Living, February 2012 issue

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## **THAI PEANUT SAUCE**



This is a versatile sauce that can be used for dipping spring rolls or poured over your choice of noodles. Additional spices can be added such as ginger.

### **INGREDIENTS:**

¼ cup peanut butter  
¼ cup water  
2 tablespoons soy sauce  
2 tablespoons lime juice  
2 cloves garlic minced and crushed  
2 tablespoons rice vinegar

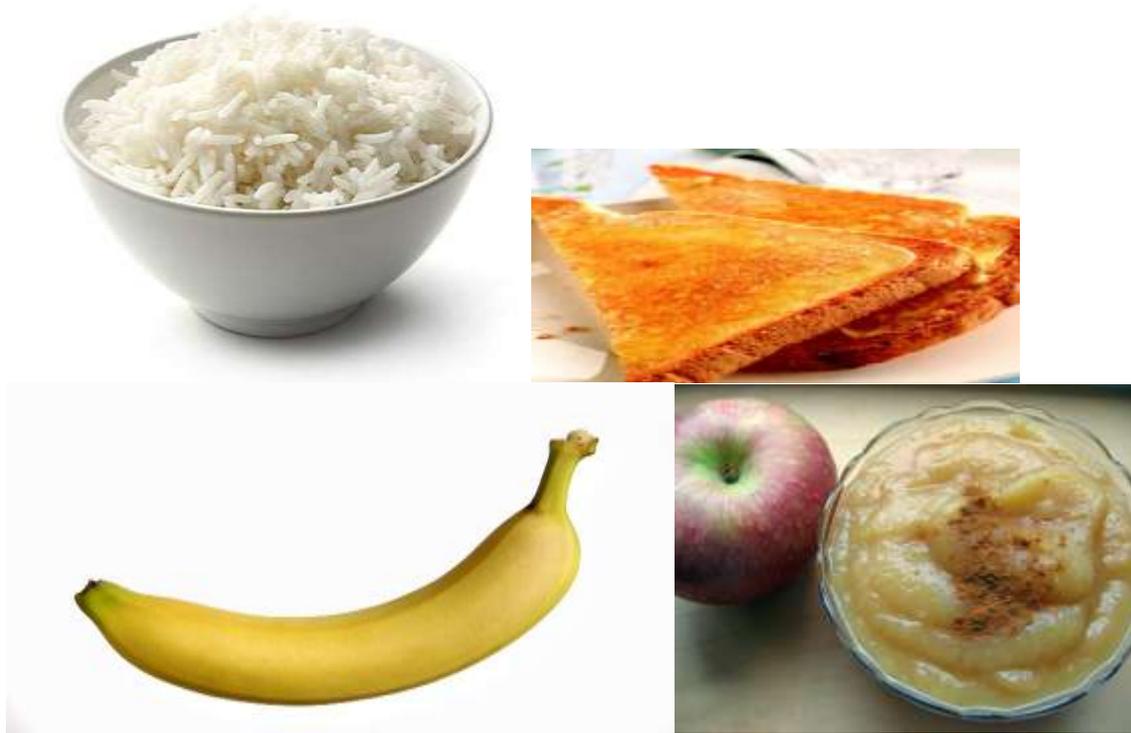
1. Combine everything in a saucepan. Mixture will combine easily as peanut butter melts.
2. Continue stirring over low heat until ingredients are combined and mixture is smooth & creamy .
3. Thin mixture out to your desired consistency with more water if necessary.

Price per recipe @ 50 cents!

Source: [www.vegetarian.about.com](http://www.vegetarian.about.com) recipes

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## **B.R.A.T. diet (Bananas, Rice, Applesauce, Toast)**



Limit your diet to the above items to settle your stomach after experiencing nausea or diarrhea. These bland foods will settle the digestive system and replace nutrients lost after being nauseous.

Variations on the above can be included such as saltine crackers, boiled potatoes or clear soup but do not stray too far until feeling better.

**AVOID:** dairy products, sugary or fatty foods when recovering. They can lead to more nausea and diarrhea

Source: [www://familydoctor.org](http://www://familydoctor.org)

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## **TOMATO BASIL SOUP**



### **INGREDIENTS:**

1– 28 ounce cans of crushed tomatoes  
3 cups of stock (chicken or vegetable)  
2 onions, chopped  
1 cup of homo milk or cream (optional)

Herbs:

2 teaspoon basil dried

Salt & pepper

**SERVINGS:** 4

Put all the ingredients into a large pot and bring to a boil. Once boiling, lower temperature and simmer for 20 minutes or so.

Take immersion blender and puree soup. You can then add 1 cup of homo milk (or cream, if desired) and puree with blender again.

Cost for the recipe: \$3.50 based on “Food Basics” prices, 88 cents per serving

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## **BAKED CABBAGE ROLL SKILLET SUPPER**



### **INGREDIENTS:**

(using local ingredients as much as possible)

1lb medium ground beef or pork  
2 cloves garlic crushed  
1 large onion, peeled and chopped  
1 can tomato sauce  
Water  
1 cup 5 minute rice  
Paprika  
Dried dillweed  
Salt & pepper  
½ cabbage  
Sour cream

**SERVINGS:** 4

### **DIRECTIONS:**

1. In a large, wide saucepan over medium heat, cook meat & garlic, stirring often with fork to crumble meat. Add 1 or 2 tsp oil if meat sticks.
2. Stir in onion and cook until meat loses its redness, a total of 5 minutes. Stir in tomato sauce, water, rice, paprika, dillweed, salt & pepper. Cover & bring to boil.
3. Meanwhile, slice cabbage in 1 x3 inch strips. Stir into meat mixture. Cover tightly and reduce heat to medium low heat. Cook, stirring often until rice and cabbage are tender, 10-15 minutes.
4. Serve with sour cream.

Cost for the recipe:

Source: "My menu planner" Eatright Ontario website

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## **TURKEY CHILLI (PASTA AND BEAN SOUP)**



### **INGREDIENTS:**

1 lb ground turkey  
1 can seasoned diced tomatoes  
1 can black beans (rinsed and drained)  
1 can sweet whole kernel corn drained  
1 ½ ounce dried chilli pepper/cayenne or Tabasco sauce to taste  
¼ cup water  
Cooked brown rice

**SERVINGS:**                4

### **DIRECTIONS:**

1. Brown turkey meat in a non-stick skillet over medium high heat.
2. Add everything else except the rice which is cooked separately.
3. Simmer chilli over low heat for 10 minutes.

Cost for the recipe: \$7.25 based on “Food Basics” prices, \$1.81 per serving

Source: adapted from The Abs Diet for Women, by David Zinczenko

## **ORANGE & GOLD CHICKEN**



### **INGREDIENTS:**

- 2 teaspoons peanut oil
- ½ teaspoon red pepper flakes
- 2 thin cut boneless chicken breasts (or chicken breasts cut up into bite size cubes)
- ½ cup thinly sliced (matchstick) carrots
- ½ cup chopped celery
- 1 sliced green onion
- 2 tablespoons unsalted chopped roasted peanuts
- 1 tablespoon hoisin sauce

Cooked Brown rice

SERVINGS: 4

### **DIRECTIONS:**

10. Combine oil & pepper flakes in medium hot skillet.
11. Add chicken-cook for 2-3 minutes, stirring frequently.
12. Add everything else, cook 3 minutes more. .
13. Serve over rice..

Cost for the recipe: \$6.00 based on "Food Basics" prices, \$1.81 per serving

Source: adapted from The Abs Diet for Women, by David Zinczenko

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